

CLAIMS

1. A ski binding or a snowboard binding having boot holder components (3, 15; 4, 16) on the front end or the toe end and on the rear end or the heel end, serving to secure a boot on the ski or snowboard (1), said boot holder components being held displaceably in the vertical direction in a fixed manner on the ski with a form-fitting connection to a rail guide (2) which is integrated into the ski (1) or the snowboard and extends in the longitudinal direction of the ski and is or can be connected on the ski or the snowboard in the longitudinal direction of the rail guide (2) by means of connection elements (7', 7''), connecting the rail guide to a holding device (5) which is or can be secured on the ski or snowboard and is arranged between the boot holder components.
2. A binding according to claim 1, characterized in that the holding device (5) can be secured on the rail guide (2), in particular on a central section of the rail guide.
3. A binding according to claim 1, characterized in that the holding device (5) is at least partially integrated into the ski (1) or snowboard.
4. A binding according to one of claims 1 through 3, characterized in that the rail guide has segmented rails (2).
5. A ski binding or snowboard binding having boot holder components (3, 15; 4, 16) on the front end or the toe end and also on the rear end or the heel end, serving to secure a boot on the ski (1) or snowboard, said boot holder components being secured displaceably in the vertical direction in a fixed manner on the ski

with a form-fitting connection to a rail guide (2) on the ski or on the snowboard, extending in the longitudinal direction of the ski, and they can be or are coupled in the longitudinal direction of the rail guide (2) to a holding device (5) which is or can be secured on the ski or snowboard and is arranged between the boot holder components (3, 15; 4, 16) by means of connection elements (7', 7") which can be adjusted against a self-locking effect, in particular according to one of claims 1 through 4.

6. A binding according to claim 5, characterized in that the connection elements are part of a threaded spindle (7).
7. A binding according to claim 6, characterized in that the threaded spindle (7) is mounted axially in the housing (5) and is screwed into parts or nuts (9) having an internal screw thread with threaded sections (7', 7") having opposing threads, said nuts being arranged in an axially fixed manner in or on the base plate parts (3, 4).
8. A binding according to one of claims 1 through 7, characterized in that the boot holder components (3, 15; 4, 16) or the connection elements (7', 7") have an adjusting device (7 through 13) which has an adjusting input (12, 13) which can be operated by means of a motor-driven tool such as an electric screwdriver.